

BOWLS & PLATTERS



Hummus Stacked Bowl *
Your choice of protein with roasted veggies, sprinkled with parsley and served on hummus. • (GF with chicken & beef) (DF with lamb & salmon) Chicken 12.99 Beef 13.99 Lamb 14.99 Salmon 16.49

SHAWARMAS



Cracking Combo *
Choose one shawarma, one side and a drink. Veggie 10.99 Chicken 10.99 Beef 11.99 Lamb 12.99 Salmon 14.49

CLASSICS



Spanish Eggplant
Braised eggplant with bell peppers, onions, garlic and tomatoes, finished with balsamic and feta, served over rice. • VG (GF W/O pita) 8.49



Fancy Falafels
5 falafel patties served with salad, hummus, pita and Spanish eggplant. • V VG DF 9.99



Bulked Baba Ghanoush *
Roasted eggplant mixed with tahini and spices, served with pita or veggies. • V VG DF (GF W/O pita) 5.49 med/8.49 lg



Heaped Hummus *
Pureed garbanzo beans with lemon juice and tahini, served with pita bread or fresh veggies. • V VG DF (GF W/O pita) 5.49 med/8.49 lg

SOUPS & SALADS

* Salads - half portion 6.49, full portion 8.99



Fattoush Salad
Crunchy romaine lettuce with cucumbers, tomatoes, onions, bell peppers and radishes, flavored with sumac, parsley and mint. • V VG DF (GF W/O pita) *



Mediterranean Salad
Romaine lettuce with garbanzo beans, cucumbers, cherry tomatoes, onions and za'atar, topped with crumbled feta and dressed with balsamic vinegar. • VG (DF W/O feta) *



Salmon Salad
Grilled salmon filet seasoned with herbs and spices and served over your choice of salad. • (GF W/O pita) 15.99



Tabbouleh Salad
The classic Lebanese mix of bulgur wheat steamed with lemon juice and olive oil, finished with plenty of parsley, tomatoes, onions and spices. • V VG DF

Soups – half portion 3.29, full portion 5.49



Lovely Lentils
Diced carrots, celery, onions, tomatoes braised with lentils and seasoned with parsley. • V VG GF DF



Creamy Tomato
Blended mix of ripe tomatoes, sautéed onions and fresh cream. • VG



Combo
Choice of one half salad and one full portion of soup 8.49



MINI MEDDYS

All Mini Meddys items come with a small drink
Dine-In 1.99 - Adults & To-Go 4.99



Kids Bowl *
Choice of protein, served with rice and sauce. • GF



Mac & Cheese
• VG

MEDDYS™

VEGAN/GLUTEN FREE MENU

We proudly serve Pepsi beverages.

VG = VEGETARIAN

V = VEGAN

GF = GLUTEN FREE

DF = DAIRY FREE

* = GF PITA AVAILABLE FOR \$1

ADD ONS

For\$ 2.39, add a side to any wrap, bowl or platter

Fattoush Salad • V VG DF (GF W/O Pita)

Mediterranean Salad • VG (DF W/O Feta)

Tomato Soup • VG

Lentil Soup • V VG GF DF

Spanish Eggplant • VG GF

Garlicky Potatoes • V VG GF DF

Baba Ghanoush • V VG DF (GF With Veggies) *

Shoestring Fries • V VG GF DF

Rice • V VG GF DF

Hummus • V VG DF (GF With Veggies) *

Roasted Or Fresh Veggies • V VG DF GF

Pita Bread Or Chips • V VG DF *

Tabbouleh • V VG DF



SKIP THE LINE

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